

Produce Guide, LaCrosse YMCA

Need 1/2 cup of Fruit/Vegetable at Breakfast

Need 3/4 cup total of Fruit/Vegetable at Snack
(*Except Friday snack is any leftovers of Fruit/Vegetable)

Product	Number of Servings	How to "Ideally" Store	When Are They Ripe?	Typical Shelf Life	How to "Ideally" Serve
Fruit:					
Apple	1 apple/child= ~ 1 cup fruit	Store in the refrigerator if able.	Ripe when received.	90-240 days if refrigerated	Apples should be washed and sliced. Do not cut all at once. Cut what you need to start and serve in a bowl.
Bananas	1(8-9") = 1 cup 1 (6") = 1/2 cup (1# = ~ 3 bananas)	Store at room temperature. If there is fridge space, they can be stored in the refrigerator. Note: the skin will turn brown but the inside of the banana will be fresh	Ripe when yellow.	3-7 days	Bananas should be rinsed. Child can peel their own.
Berries	Varies				
Blueberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing
Blackberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing
Raspberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing
Strawberries	1/2 cup for Breakfast 3/4 cup for Snack	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing
Clementine	1 clementine = 1/2 cup 1.5 clementine/child=~ 3/4 cup fruit	Store in the refrigerator if able.	Ripe when received.	Up to 2 weeks	Clementines should be rinsed. Child can peel their own.
Grapes	1 pre-packaged = 1/2 cup ~14 grapes = 1/2 cup ~21 grapes = 3/4 cup	Store in the refrigerator.	Ripe when received.	Pre-Packaged-has Use by Date. Fresh should be used within 1 week	Pre-packaged grapes are offered in package. Bulk grapes should be washed and offer stems of grapes in bowls.
Kiwi	2 Kiwi/child= 1/2 cup fruit 2.5 Kiwi/child= 3/4 cup fruit	Should be stored at room temperature until ripe. Once ripe placed in the refrigerator.	Yield to slight pressure.	Up to 2 weeks, but use within 1 week	Kiwi should be washed and sliced in half. Serve kiwi halves in a bowl for passing.
Melons					
Cantaloupe	1/2 cup for Breakfast 3/4 cup for Snack	Store unripe melon for 3-4 days at room temperature. Once ripe store in the refrigerator and use ASAP.	Have a typical odor and yield to slight pressure on stem end.	Couple of days, use ASAP	Melon should be washed before cutting. Serve cut melon in a bowl for passing.
Honeydew	1/2 cup for Breakfast 3/4 cup for Snack	Store unripe melon for 3-4 days at room temperature. Once ripe store in the refrigerator and use ASAP.	Have a typical odor and yield to slight pressure on stem end.	Couple of days, use ASAP	Melon should be washed before cutting. Serve cut melon in a bowl for passing.
Watermelon	1/2 cup for Breakfast 3/4 cup for Snack	Store at room temperature or refrigerator if possible.	Ripe once received, will not ripen further.	Up to 2 weeks, but use within 1 week	Serve cut melon in a bowl for passing.
Orange	1 orange = 1/2 cup 1.5 orange/child =~ 3/4 cup fruit	Store in the refrigerator if able.	Ripe when received.	Up to 2-3 weeks if refrigerated	Oranges should be washed and sliced. Do not cut all at once. Cut what you need to start and serve in a bowl.

Product	Number of Servings	How to "Ideally" Store	When Are They Ripe?	Typical Shelf Life	How to "Ideally" Serve
Peach	1 peach/child = ~3/4 cup fruit	Should be stored at room temperature until ripe. Once ripe use ASAP or place in the refrigerator and use within 1 week.	Yield to slight pressure.	Use within 1 week	Peaches should be washed and cut in half and served in a bowl. Do not cut all at once. Cut what you need to start and serve in a bowl.
Pear	1 pear = 3/4 cup fruit	Should be stored at room temperature until ripe. Once ripe placed in the refrigerator and used ASAP.	Yield to slight pressure.	Use within 1 week	Pears should be washed. Serve ripe pears in half in a bowl.
Plum	1 plum = 1/2 cup fruit 1.5 plum = 3/4 cup fruit	Should be stored at room temperature until ripe. Once ripe use ASAP or place in the refrigerator and use within 1 week.	Yield to slight pressure.	Use within 1 week	Plums should be washed and cut in half and served in a bowl. Do not cut all at once. Cut what you need to start and serve in a bowl.

Vegetable servings are 1/4 cup as they are always offered with 1/2 cup fruit to equal 3/4 cup fruit

Vegetable:					
Cucumber	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Pepper Strips	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Zucchini	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Carrots	1/4 cup per child (1 package per child)	In the refrigerator	Ripe when received.	Use by expiration date	Pre-packaged carrots are offered in package. Offer bulk of carrots in a bowl to pass.

***Some fruits must be ripe before they are refrigerated. If they are not ripe when you receive them, keep them at room temperature to ripen, then place them in the refrigerator.**
These include:
 Kiwi
 Nectarines/Peaches
 Pears